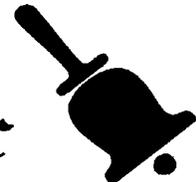




# SEEKONK HUMAN SERVICES



## Town Courier

540 Arcade Avenue ~ Seekonk, MA ~ 508-336-8772  
Monday through Thursday 8:30am—4:30pm ~ Fridays 8:30am—12:30pm  
\*Evening appointments available upon request

### February 2018



Seekonk Human Services will be closed Monday, February 19, 2018 for Presidents' Day

#### MEDITATION

Wednesday, February 21, 2018 @ 11am



When you hear the word meditation do you think of someone sitting on the floor, crossed legged, eyes closed trying to keep their mind clear of all thought? Meditation takes different forms so come and learn about Guided Meditation and its benefits for your physical, mental and emotional health. You will also get to take part in a short guided meditation for relaxation. Toward the end of the class there will brief talk about Angel card readings and everyone will be invited to choose a card from the deck for their personal guidance. Jan Randall has been using guided meditation, and positive affirmations for her personal benefit since 2011. She is also a certified Angel Card reader. Lunch will be Shephard's Pie for \$3. **Advance sign up and payment required for lunch. Activity is free of charge.**



#### VALENTINE'S DAY PARTY Wednesday, February 14, 2018 @ 10am

Please join us for our annual Valentine's Day Party. Bring in photos of your wedding and we will try to guess who is who!

Lunch will be Eggplant Parmesan for \$3

Entertainment By Barney Mallon

Please sign up and pay in advance for the party and lunch

**\*Lunch will be hosted by Wingate Healthcare, all proceeds will benefit the WaterFire in Providence, RI\***



#### BASIC BEGINNER SIGN LANGUAGE CLASS



This is a signed English class. You will learn words, sentences and choruses. Classes will be held on Tuesdays from 10am to 12pm for 10 weeks starting January

23, 2018 through March 27, 2018. Please contact Nancy Smutek to sign up for class or if you have any questions, 508-336-9547

#### TRIAD: R.U.OK? PROGRAM

Wednesday, February 28, 2018 @ 11am

**A Free Service That Could Save Your Life!**

The "R.U.O.K.?" Program is a free telephone calling service provided by the Bristol County Sheriff's Office, in cooperation with your local Police Department and Council on Aging. The program is designed for senior citizens, disabled persons, and shut-ins living in Bristol County. It provides reliable, daily phone assurance, and the comfort and security you need to maintain your independence. "R.U.O.K.?" provides peace of mind for both you and those who care about you. Best of all, it's as close as your telephone! Lunch will be French Meat Pie for \$3. **Advance sign up and payment required for lunch. Activity is free of charge.**

#### BROWN BAGS—FEBRUARY 21, 2018

Brown Bag drop off will be from 9:00am—11:00am and pick up at the center will be 11:15am to 12pm.

## PHONES FOR SENIORS

Wednesday, February 7, 2018 @ 10am

A representative from AT&T will be hosting a question and answer session on cell phone usage. Types of cell phone usage varies from GPS, text messages, photos, memory on the phone, videos, among other types of usage. **Activity is free of charge.**

## TECH TIME

Wednesday, February 14, 2018 @ 2pm—4pm

Students from MTTI in Seekonk will be coming to Seekonk Human Services on the second Wednesday of the month from 2pm to 4pm to help individuals out with their electronics. Bring your laptop, tablet, or cell phone and learn what they all have to offer or clean out the hard drive of your computer.

## LET'S LEARN TOGETHER! YOUR LIBRARY, ONLINE

Wednesday, February 21, 2018 @ 2pm



Bad weather or a busy schedule doesn't have to keep you from getting what you want from the library! The library is as near as your computer, laptop or

mobile device. Bring your laptop or tablet so we can review renewing your books, downloading ebooks and more, all from home. Librarian Michelle Gario will lead this 90 minute class. Please make sure your laptop is fully charged or bring your cable and charger with your device. Contact the Senior Center to register at 508-336-8772. For more information, contact Michelle Gario at the Seekonk Public Library, [508-336-8230](tel:508-336-8230).

## GROCERY SHOPPING ASSISTANCE "BAGS"

(A PROGRAM OFFERED BY  
HUMAN SERVICES)

*\*Do you need assistance with shopping?*

**WE CAN HELP**

**BAGS** (Bringing Assistance with Groceries to Seniors) provides a personal shopper for frail Seekonk residents, 60 years of age or older, who are unable to shop for themselves. Human Services personnel assess the needs of the elder, review their grocery list, shop at local stores, bring home and unpack the groceries, if necessary. Elders who may be in crisis and in need of food immediately are served by the program on a priority basis. For more information, please call Seekonk Human Services at 508-336-8772.

## FREE TAX PREPERATION

AARP Foundation Tax-Aide, will be preparing taxes at Seekonk Human Services on Thursdays from February 1—April 12 from 9:00am - 11:00 am. Appointments can be made by calling Seekonk Human Services at 508-336-8772.

## CIRCUIT BREAKER

### What is the Circuit Breaker Tax Credit?

The Circuit Breaker Tax Credit is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water charges. Renter can count 25% of their rent as real estate tax payments. You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file other-wise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the different. That maximum credit for tax year 2016 is \$1070.

### Am I eligible?

The Circuit Breaker Tax Credit is for low and moderate income seniors whose real estate tax payments are greater than 10% of their income. Homeowners and renters can claim the credit.

### Income Guidelines:

- ◆ \$57,000 single
- ◆ \$71,000 head of household
- ◆ \$86,000 married filing jointly

\*Total income includes some types of non-taxable income, such as social security, retirement, pensions and annuities, cash public assistance, tax-exempt interest and dividends, and certain other income.

### To Qualify:

- ◆ You or your spouse must be 65 or older by the end of the year
- ◆ If married, you must file jointly
- ◆ You must rent/own a home in MA that is your primary residence
- ◆ Your property's assessed value can't exceed \$691,000 by January 1, 2012
- ◆ If you're a renter you can't be getting federal/state rent subsidy and your landlord must pay property taxes



Senior Circuit Breaker Credit

Put up to \$1,070 in YOUR pocket!

## 2018 TRIPS

**Newport Playhouse  
Wednesday, March 21, 2018  
Depart: 10am Return: 5pm  
Cost: \$60 per person (driver gratuity included)**

Newport Playhouse, "Remember Me." Written by Sam Bobrick. Directed by Daniel Lee White. A couple in the mid-forties to early fifties, who have a happy but tired marriage, find themselves examining their relationship after woman's college boyfriend shows up... or doesn't. Enjoy the delicious lunch buffet which includes dessert. After the play enjoy the cabaret. You are in for a laugh! **Trip sign up and 50% deposit is due at the time of sign up in person, no phone call sign ups. \*\*Residents must sign up by February 10th. None residents can begin signing up on February 15th\*\***

**\*Please note: All trips leave from Seekonk Human Services unless otherwise noted. 50% deposit is required at sign up and final payment must be made two weeks prior to trip. Checks are to be made payable to the Town of Seekonk. To ensure trips are not cancelled please sign up one month prior to trip at the latest in order to give the tour company an accurate count. For any information regarding trips please contact Seekonk Human Services at 508-336-8772. Please utilized the Knights of Columbus parking lot first\*\***

\*\*\*\*\*

### PERMANENT ABSENTEE BALLOT

A permanent absentee ballot is for people who are a registered voter in the Town of Seekonk, MA and because of medical reasons or other reasons beyond their control are not able to make it to the polls to vote in **ALL** elections during the upcoming year.

The permanent list is **NOT** for people who might be away on the day of the election is happening. That situation would require requesting an absentee ballot for that particular election.

Applications for the permanent absentee ballot are available at Seekonk Human Services and the Town Hall. If you have any questions please contact the Town Clerk's office at 508-336-2920.

The Elections that are scheduled for 2018 to date are:

**April 2, 2018 – Annual Town Election**

**November 6, 2018 – State Election**

\*\*\*\*\*



## FUEL ASSISTANCE

If you have never had fuel assistance and would like to apply or if you need help filing your application, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Department.

### Income Guidelines:

Maximum income for 1 person is \$34,380, for 2 people is \$44,958, for 3 people is \$55,537, and for 4 people is \$66,115.

### Needed Documents:

#### ⇒ Proof of income:

- ◆ 4 consecutive pay stubs
- ◆ Social Security Award Letter or 1099
- ◆ Pension (Current 1099)
- ◆ Interest Dividends (1099)
- ◆ List of everyone in household plus their income
- ◆ Food Stamps—copy of verification

#### ⇒ Homeowner's must include:

- ◆ Mortgage statement
- ◆ Real estate tax bill
- ◆ Insurance bill
- ◆ Recent copy of electric bill and gas/oil bill

#### ⇒ Renters Include:

- ◆ Rent receipt
- ◆ Recent copy of electric bill and gas/oil bills

## OUTREACH INFORMATION & REFERRAL

We provide home visits and assistance for frail, homebound elders. Trained staff is available to consult with elders, family members and caregivers to give information on available services and discuss resources designed to improve quality of life. Our staff can answer your questions about community services and available resources.

If you or someone you know is homebound, oxygen dependent or needs help leaving their home in case of an emergency, please call Seekonk Human Services at 508-336-8772 to speak with an Outreach worker to be put on an emergency list for the future.

## MEN'S BREAKFAST

Thursday, February 8, 2018 @ 9:30am

Toti's Restaurant

All men are welcome to attend and no sign up is required. Bring a friend with you to enjoy a delicious breakfast. There is no set price for breakfast, order what you want, pay for what you order.

## WOMEN'S BRUNCH

Thursday, February 15, 2018 @ 10:00am

Mary De Leo's

751 Fall River Avenue, Seekonk

All women are invited to attend, there is no sign up necessary. Bring a friend and enjoy good food and good conversation. All meals are dutch treat.

## FILE OF LIFE

**FREE File of Life Folders** are available at Seekonk Human Services. These folders are designed to be kept on your refrigerator as an alert to emergency medical personnel of your medical information during an emergency situation. These files could save your life or the life of a loved one.

## NUTRITIONAL MEALS

Tuesdays & Thursdays at 11:30am

Seekonk Human Services will be offering nutritional meals on Tuesdays and Thursdays at 11:30am for \$2 each. The menu will be available at Seekonk Human Services. Sign up is required for this as the meals are brought in from an outside agency.

## BALANCE -- MEMORY -- WEIGHT



Three of the biggest problems for senior citizens are poor balance, memory loss and the inability to lose excess weight. Using the Wii Fit Plus program on a regular basis can help you with all three of these things. Exercise is not always easy and sometimes it hurts. This is a painless and fun way to exercise. I would love to show you how this program could help you. Contact Nancy at 508-336-9547

**\* NOTE: Seekonk Human Services offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that Seekonk Human Services, the Town of Seekonk or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners. The Town Crier is partially funded by the Executive Office of Elder Affairs.**

# SEEKONK COUNCIL ON AGING

## February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Egg Salad & Potato Salad BINGO 1pm - 3pm Cribbage 1pm - 3pm	Advanced Yoga 9am - 10am Cost \$5  Tai Chi 10:15am - 11:00am
5	6	7	8	9
Chair Yoga 10am - 10:50am  Knitting Club 12:30 - 2:30pm ZUMBA 1pm Arts & Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5	Silver Sneakers 10am - 10:45am Sign Language 10am - 12pm LUNCH 11:30am \$2 Apricot Chicken with Rice Cards (Hi-Lo Jack) 1pm	Chair Yoga 10am - 10:50am  Mahjong 1pm - 3pm	Mens Breakfast 9:30am Totis Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Roasted Turkey BINGO 1pm - 3pm Cribbage 1pm - 3pm	Advanced Yoga 9am - 10am Cost \$5  Tai Chi 10:15am - 11:00am
12	13	14	15	16
Chair Yoga 10am - 10:50am  Knitting Club 12:30 - 2:30pm ZUMBA 1pm Arts & Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5	Silver Sneakers 10am - 10:45am Sign Language 10am - 12pm LUNCH 11:30am \$2 American Chop Suey Cards (Hi-Lo Jack) 1pm	*Chair Yoga Cancelled* Valentine's Day Celebration Lunch: Eggplant Parm for \$3  Mahjong 1pm Tech Time 2pm	Womens Brunch @ 10am Mary Delo's Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Grilled Chicken & Veggie Soup BINGO 1pm - 3pm/Cribbage 1pm	Advanced Yoga 9am - 10am Cost \$5  Tai Chi 10:15am - 11:00am
19	20	21	22	23
 Chair Yoga 10am - 10:50am  Knitting Club 12:30pm - 2:30pm ZUMBA 1pm Arts & Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5	Silver Sneakers 10am - 10:45am Sign Language 10am - 12pm LUNCH 11:30am \$2 NO LUNCH Cards (Hi-Lo Jack) 1pm	Blood Pressure Clinic 9:30am Chair Yoga 10am - 10:50am Meditation @ 11am Lunch: Shephards Pie for \$3 Mahjong 1pm Computer Class 2pm	Silver Sneakers 10am - 10:45am LUNCH 11:30am \$2 Sweedish Meatballs  BINGO 1pm - 3pm Cribbage 1pm - 3pm	Advanced Yoga 9am - 10am Cost \$5  Tai Chi 10:15am - 11:00am
26	27	28		
Chair Yoga 10am - 10:50am  Knitting Club 12:30pm - 2:30pm ZUMBA 1pm Arts & Crafts 2pm - 4pm Residents \$3 / Non-Residents \$5	Silver Sneakers 10am - 10:45am Sign Language 10am - 12pm LUNCH 11:30am \$2 Curry Chicken Cards (Hi-Lo Jack) 1pm	Chair Yoga 10am - 10:50am  TRIAD: RUOK? @ 11am Lunch: French Meat Pie for \$3  Mahjong 1pm		



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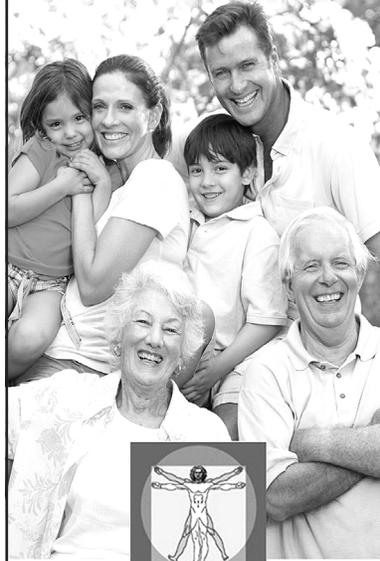


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Friday: 6:00 AM - 7:00 PM

Saturday: 7:00 AM - 12 PM

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Cumberland, RI 02864

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Fax: (401) 305-3859

Monday - Thursday: 7:30 AM - 7:00 PM

Fridays 7:30 AM - 4 PM

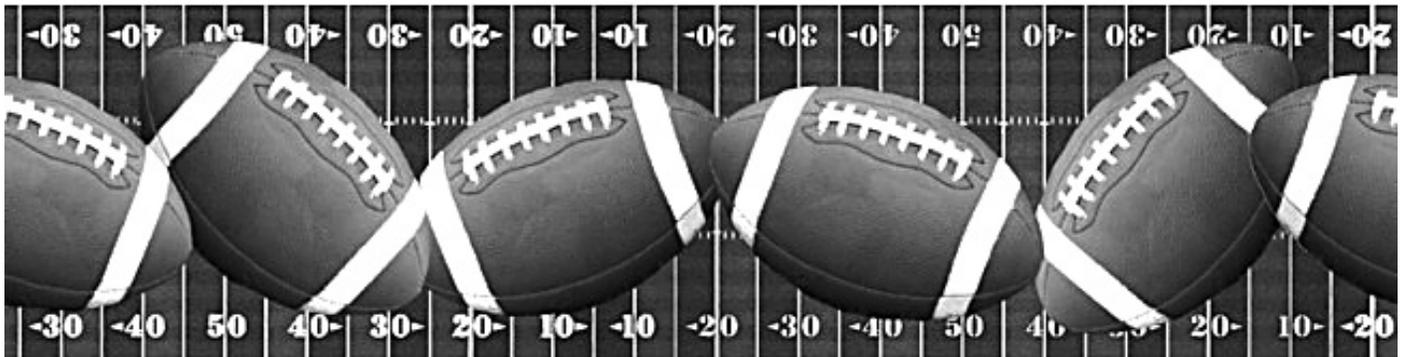


# Bacon Deviled Eggs

## DIRECTIONS

Mash 6 hard-boiled egg yolks, 2 tablespoons mayonnaise or yogurt, 1 1/2 teaspoons spicy mustard, 1/2 teaspoon lemon juice, 1 teaspoon relish and 1/2 teaspoon paprika. Fill the egg whites with the yolk mixture. Top with chopped chives and crumbled cooked bacon.

Food Network Magazine



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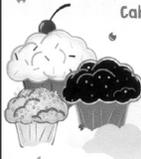
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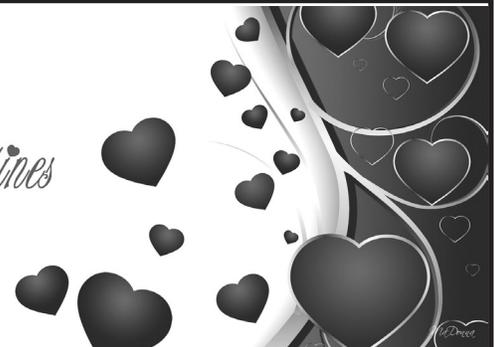
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**@ 3:30pm at the**  
**Seekonk Human Services**  
**Conference Room**